



FIRST AID

1. Satisfy your counselor that you have current knowledge of all first-aid requirements for Tenderfoot, Second Class, and First Class ranks.
2. Do the following:
 - a. Explain how you would obtain emergency medical assistance from your home, on a wilderness camping trip, and during an activity on open water.
 - b. Prepare a first-aid kit for your home. Display and discuss its contents with your counselor.
3. Do the following:
 - a. Explain what action you should take for someone who shows signs of a heart attack.
 - b. Identify the conditions that must exist before performing CPR on a person.
 - c. Demonstrate proper technique in performing CPR **using a training device approved by your counselor.**
 - d. Show the steps that need to be taken for someone suffering from a severe laceration on the leg and on the wrist. Tell the dangers in the use of a tourniquet and the conditions under which its use is justified.
 - e. Explain when a bee sting could be life threatening and what action should be taken for prevention and for first aid.
 - f. Explain the symptoms of heat stroke and what action needs to be taken for first aid and for prevention.
4. Do the following:
 - a. Describe the signs of a broken bone. Show first-aid procedures for handling fractures, including open (compound) fractures of the forearm, wrist, upper leg, and lower leg using improvised materials.
 - b. Describe the symptoms and possible complications and demonstrate proper procedures for treating suspected injuries to the back, neck, and head. Explain what measures can be taken to reduce the possibility of further complicating these injuries.
5. Describe the symptoms, proper first-aid procedures, and possible prevention measures for the following conditions:
 - a. Hypothermia
 - b. Convulsions
 - c. Frostbite
 - d. Bruises, strains, sprains

- e. Burns
 - f. Abdominal pain
 - g. Broken, chipped, or loosened tooth
 - h. Knocked-out tooth
 - i. Muscle cramps
6. Do the following:
 - a. If a sick or injured person must be moved, tell how you would determine the best method.
 - b. With helpers under your supervision, improvise a stretcher and move a presumably unconscious person.
 7. Teach another Scout a first-aid skill selected by your counselor.